

LIVING WITH A CHRONIC CONDITION? THERE'S HELP!



The Chronic Disease Self-Management Program is an amazing evidence-based workshop created by Stanford University enabling those living with chronic disease to regain control of their lives. Many essential, valuable skills and techniques are taught in this program to educate and empower those living with chronic conditions as well as those caring for them. Participants will receive a free book entitled *Living a Healthy Life with Chronic Conditions*.

This free, life-changing, 6-week workshop series will meet from 1:00-3:30 at the Clifton Park Senior Community Center located at 6 Clifton Common Blvd. on Wednesdays beginning May 17th. The rest of the dates are as follows: May 24th, 31st, June 7th, 14th, and 21st. Participants are welcome to join in the Saratoga County Congregate 60+ Dining Program for lunch at noon courtesy of Saratoga County Office for the Aging. Please register by noon one day in advance by calling 383-1343 and ask for the kitchen. Menu information is available upon request.

Please call Jen Buscema at 884-4110 for more information and to register for the workshop! Be sure to call soon as classes fill up quickly!

The Saratoga County Office for the Aging is funded under Title III of the Older Americans Act, as amended, the New York State Office for the Aging and the County of Saratoga.

